

SRM II – 5-BP II

Date (week of): _____

Directions:

- Write the **ideal** target time you would **like** to do these daily activities.
- Record the **time** you actually did the activity each day.
- Record the **people** involved in the activity: 0 = Alone; 1 = Others present; 2 = Others actively involved; 3 = Others very stimulating

| | | Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|--|-------------|--------|--------|--------|--------|---------|--------|-----------|--------|----------|--------|--------|--------|----------|--------|
| Activity | Target Time | Time | People | Time | People | Time | People | Time | People | Time | People | Time | People | Time | People |
| Out of bed | | | | | | | | | | | | | | | |
| First contact with other person | | | | | | | | | | | | | | | |
| Start work/school/ Volunteer/family care | | | | | | | | | | | | | | | |
| Dinner | | | | | | | | | | | | | | | |
| To bed | | | | | | | | | | | | | | | |
| Rate MOOD each day from -5 to +5 - 5 = very depressed +5 = very elated | | | | | | | | | | | | | | | |
| Rate ENERGY LEVEL each day - 5 = very slowed, fatigued +5 = very energetic, active | | | | | | | | | | | | | | | |

NOTE: PowerPoint presentation for today's session can be downloaded at www.DBSAlliance.org/Handouts2013.